

Abstract

Title: The difference in planning a training session in selected categories of judo

Goal: The main objective is the comparison and analysis of the results from the questionnaire survey given by trainers in different approaches when planning and creating an annual training plan. This is followed by drawing up training units in each period in different ages.

Methods: We are using a questionnaire survey, qualitative research, analysis of the specialized literature in the field of general sports training. The respondents of questionnaires are younger pupils to adolescents.

Results: The findings of this study have shown us, the importance of preparing the annual training plan, as well as written preparation in form of individual notes. This helps to use the training time more effectively to prepare for important tournaments and maintain the highest performance throughout the year.

Keywords: judo, training, annual training plan